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Breaking to Bloom

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10 Sins — 10 Reasons — 10 Paths

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Foreword

"This book is dedicated to every young soul whose heart has been shattered by the weight of sin, but in whom a flicker of faith still remains. This book is not to condemn, but to call towards the mercy of Allah, who says: 'O My servants who have transgressed against themselves, do not despair of the mercy of Allah — indeed, Allah forgives all sins' (Az-Zumar 53)."

— Muhammad Inshal

📖 Incident

Aisha (RA) narrated that the Prophet (SAW) said: *"Allah shows mercy to that servant who conceals the faults of others and gives them a chance to reform."* (Bukhari) — This book is a means of calling towards that mercy.

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📖 Incident

Ibn Mas'ud (RA) reported that the Prophet (SAW) drew a line and said: *"This is the path of Allah." Then he drew several lines to the right and left and said: "These are the paths of Satan."* (Ibn Majah) — This book helps recognize the deviating paths and shows the straight path.

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Introduction

Allah created man as the best of creation, granted him knowledge, and created him for His worship. But today's youth are entangled in various sins that destroy their spiritual, physical, and psychological health. This book details the reality of 10 major sins, their rulings in the Quran and Hadith, their harms, their causes, and the paths to salvation.

Each chapter includes an incident (Waqia) from the lives of the Prophets or Companions to provide a practical example for the reader.

📖 Incident

Abu Hurairah (RA) narrated that the Prophet (SAW) said: *"A Muslim is drawn towards that which has goodness, and flees from that which has evil."* (Tirmidhi) — This book is a means to attract towards good and protect from evil.

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Chapter 1: Masturbation

Definition

Masturbation means fulfilling one's sexual desire with one's own hands. This habit has become very common among youth today, but in Islam, it is strictly prohibited and considered unlawful (Haram).

📖 Incident

Prophet Yusuf (AS) when Zulaikha called him towards sin, he said: *"I seek refuge in Allah!"* and fled the place. (Surah Yusuf) — This is the example of a person who runs away from sin and seeks Allah's protection.

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Islamic Ruling

> *"And they who guard their private parts (5) Except from their wives or those their right hands possess... (6) But whoever seeks beyond that, then those are the transgressors (7)" (Surah Al-Mu'minun 23:5-7)*

Imam Shafi'i (RA) used this verse to argue that there are only two lawful ways to fulfill sexual desire: marriage and concubinage. Anything else, such as masturbation, is transgression and Haram.

The Prophet (SAW) commanded the youth: *"O young men! Whoever among you can afford it, let him get married, for it is more effective in lowering the gaze and guarding chastity. And whoever cannot afford it, let him fast, for it will be a shield for him."* (Bukhari) — There is no room for masturbation in this guidance.

📖 Incident

Abdullah bin Mas'ud (RA) said: "We were young men with the Prophet (SAW) and we could not afford marriage. The Prophet (SAW) ordered us to fast." (Bukhari) — This is the path that saves us from masturbation.

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Physical Harms

1. Sexual Weakness: Frequent masturbation weakens the reproductive organs. It can lead to Erectile Dysfunction and Premature Ejaculation.

2. Fatigue and Weakness: Semen contains vital nutrients like Zinc, Protein, and Magnesium. Continuous loss leads to physical weakness, chronic fatigue, and weakened immunity.

3. Sleep Disorders: It disrupts the sleep cycle (Insomnia), causing frequent waking at night and lethargy during the day.

4. Hormonal Imbalance: Testosterone levels drop, leading to reduced physical strength, muscle loss, and dull skin.

📖 Incident

Ali (RA) reported that a man asked the Prophet (SAW) about masturbation. The Prophet (SAW) said: *"This is the path to Hell, stay away from it."* (Mishkat) — This is why we must avoid this habit.

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Psychological Harms

1. Guilt and Shame: After masturbation, a person feels intense guilt and shame. They feel distant from Allah, consider themselves sinful, and develop Depression and Anxiety.

2. Low Self-Esteem: A person who repeatedly masturbates feels weak, helpless, and unworthy. Their confidence plummets, and they isolate themselves socially.

3. Lack of Focus and Memory: It weakens the Prefrontal Cortex (responsible for decision-making, focus, and memory). This results in poor concentration in studies, mistakes at work, and forgetfulness.

📖 Incident

Umar Farooq (RA) used to advise the youth: *"O young man! Guard your gaze, for guarding the gaze is the protection of your heart."* — This teaches us to protect our eyes and hearts.

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Spiritual Harms

1. Weakness of Faith: Sin hardens the heart, and the person becomes distant from the remembrance of Allah. The Quran says: *"The believers' hearts tremble when Allah is mentioned."* (Surah Al-Anfal 8:2) — But sin makes the heart hard.

2. Loss of Khushu (Concentration) in Prayer: A person addicted to masturbation cannot focus in prayer. Their heart wanders, they lack humility, and they simply go through the motions.

3. Displeasure of Allah: The Prophet (SAW) said: *"Allah is Modest and Concealing, He loves modesty and concealment."* (Bukhari) — Masturbation destroys modesty.

📖 Incident

Prophet Musa (AS): Allah said to him: *"O Musa! Whoever humbles himself before Me and repents from his sins, I turn towards him."* (Tafsir Tabari) — This is the path of salvation from sin.

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Reasons and Solutions

Reasons: Loneliness, free time, excessive use of the internet/mobile, bad friends, and emotional vulnerability.

Solutions:

1. Repent (Tawbah) and seek forgiveness.
2. Fast (especially Mondays and Thursdays).
3. Get married if financially and physically able.
4. Guard your gaze and stay away from porn.
5. Fill free time with beneficial activities (study, exercise, worship).
6. Make good friends and avoid bad company.

📖 Incident

Prophet Sulaiman (AS) used to pray: *"My Lord! Include me among Your righteous servants."* (Surah An-Naml 27:19) — We should also pray to be among the righteous.

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Chapter 2: Pornography

Definition

Pornography means watching videos or images that contain unlawful scenes that lead a person to sin. The internet has brought this sin into every home. One click leads to thousands of videos, and one search leads to millions of websites — destroying the eyes, hearts, and faith of millions of young people.

📖 Incident

Jabir bin Abdullah (RA) reported that the Prophet (SAW) said: *"Guard your gaze, for the protection of your gaze is the protection of your private parts."* (Musnad Ahmad) — This is the greatest weapon against pornography.

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Islamic Ruling

> *"Tell the believing men to lower their gaze and guard their private parts. That is purer for them. Indeed, Allah is aware of what they do." (Surah An-Nur 24:30)*

This verse commands believers to lower their gaze. Watching pornography is a blatant violation of this command.

The Prophet (SAW) said: *"The adultery of the eyes is the look."* (Bukhari) — Pornography is adultery of the eyes that leads to physical adultery.

📖 Incident

Abu Saeed Al-Khudri (RA) narrated that the Prophet (SAW) said: *"Allah does not look at a person who turns his gaze towards what is forbidden."* (Tirmidhi) — This is a severe warning for those who watch pornography.

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Physical Harms

1. Brain Damage: Watching pornography releases excessive Dopamine (the pleasure hormone), making the brain addicted to it. This damages the Prefrontal Cortex (decision-making, self-control), similar to cocaine or heroin.

2. Eye Problems: Staring at screens for hours causes dryness, blurred vision, headaches, and burning sensations.

3. Sleep Disorders: Watching at night keeps the brain awake, leading to Insomnia, daytime lethargy, and impaired work/study performance.

📖 Incident

Luqman the Wise advised his son: *"O my son! Protect your eyes from what is forbidden, for the eye is the gateway to the heart."* — This teaches us to protect ourselves from pornography.

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Psychological & Spiritual Harms

Psychological: Guilt, shame, depression, low self-esteem, social isolation. It ruins real relationships (especially married life) because the brain becomes accustomed to unrealistic scenes.

Spiritual: It creates hypocrisy (Nifaq) in the heart. It distances one from the Quran, destroys the impact of prayer, and earns the displeasure of Allah. The Prophet (SAW) said: *"Allah is Modest and Concealing, He loves modesty."* — Pornography makes a person shameless.

📖 Incident

Uthman Ghani (RA) never sat in a place where there was a risk of an evil gaze. When asked why he guarded his gaze so strictly, he said: *"Because I fear Allah, who is watching everywhere."*

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Reasons and Solutions

Reasons: Easy internet access, uncontrolled mobile use, bad company, emotional stress, and Satan's whispers.

Solutions:

1. Repent and seek Allah's forgiveness.
2. Turn on SafeSearch on phones/computers and install BlockSite apps.
3. Unfollow unsafe pages on social media.
4. If a wrong look occurs, immediately say "A'udhu billah" and look away.
5. Spend free time in Quran, exercise, and beneficial activities.

📖 Incident

Zaid bin Thabit (RA) advised a youth: *"Put the fear of Allah in your heart and lower your gaze, for the gaze misguides the heart."*

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Chapter 3: Lying

Definition

Lying is deliberately saying something against the truth. It is the greatest sin of the tongue and distances a person from Allah.

📖 Incident

Abdullah bin Amir (RA) was called by his mother once while the Prophet (SAW) was present. She said: "Come, I will give you something." The Prophet (SAW) asked: "What do you intend to give him?" She said: "I will give him a date." The Prophet (SAW) said: *"If you do not give him anything, your lie will be recorded against you."* (Abu Dawud) — This shows how even lying to children is prohibited.

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Islamic Ruling

> *"And avoid false speech." (Surah Al-Hajj 22:30)*

Allah clearly commands us to avoid lying.

The Prophet (SAW) said: *"Adhere to truthfulness, for truthfulness leads to righteousness, and righteousness leads to Paradise. Beware of lying, for lying leads to wickedness, and wickedness leads to Hell."* (Muslim)

He also said: *"The signs of a hypocrite are three: when he speaks, he lies; when he promises, he breaks it; and when he is entrusted, he betrays."* (Bukhari)

📖 Incident

Abu Bakr Siddique (RA) was asked: "Do you ever lie?" He replied: *"I fear lying as much as I fear a lion."* — This is the status of truthful people.

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Harms

1. Destruction of Faith: Faith and lying cannot coexist. Lying weakens faith and hardens the heart.

2. Loss of Honor: People do not respect a liar. No matter how great a person is, lying destroys their honor.

3. Harm to Others: False testimony, broken promises, and fake news can destroy lives and societies.

4. Displeasure of Allah: The Quran says: *"Who is more unjust than one who invents a lie about Allah?"* (Surah Az-Zumar 39:32)

📖 Incident

Umar bin Khattab (RA) heard a man lying and said: *"If you lie, you fall in my sight, no matter how great you are."* — This is the consequence of lying.

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Reasons & Solutions

Reasons: Fear, material gain, habit, harming others, or joking.

Solutions:

1. Repent and make a firm intention to speak the truth.
2. Speak the truth even in small matters.
3. Keep the fear of Allah in your heart.
4. If you make a mistake, immediately apologize and tell the truth.

📖 Incident

Prophet Isa (AS) used to say: *"I commanded you to tell the truth and forbade you from lying. Lying is the work of Satan, and Satan goes to Hell."* (Injeel) — This is our path.

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Chapter 4: Backbiting

Definition

Backbiting is saying something about your Muslim brother in his absence that he would dislike, even if it is true. It is a major sin that people often treat lightly, but it is very severe in the sight of Allah.

📖 Incident

Aisha (RA) said: I said about someone, "He is very tall." The Prophet (SAW) said: *"You have backbitten him."* I said: "But I only mentioned his height!" He said: *"If you mentioned a fault that is in him, it is backbiting; and if you mentioned a fault that is not in him, it is slander."* — This shows how even mentioning a physical trait can be backbiting.

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Islamic Ruling

> *"And do not backbite one another. Would one of you like to eat the flesh of his dead brother? You would detest it." (Surah Al-Hujurat 49:12)*

Allah compares backbiting to eating the flesh of your dead brother — what a repulsive act!

The Prophet (SAW) said: *"Every Muslim is sacred to another Muslim: his blood, his wealth, and his honor."* (Muslim) — Backbiting destroys honor.

📖 Incident

Anas bin Malik (RA) reported that the Prophet (SAW) said during the Night Journey (Miraj): *"I passed by people who had nails of copper and were scratching their faces and chests. I asked: 'Who are these?' Jibril said: 'These are those who used to backbite people.'"* (Mishkat)

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Harms

1. Loss of Good Deeds: Backbiting consumes good deeds just like fire consumes wood. On the Day of Judgment, the backbiter's good deeds will be given to the victim. If they run out, the victim's sins will be placed on the backbiter.

2. Hardness of Heart: It hardens the heart, diminishing the effect of the Quran and prayer.

3. Social Destruction: It destroys trust, increases enmity, and eradicates love among people.

📖 Incident

Ali (RA) told a person who started backbiting: *"Control your tongue, for the backbiter will not even smell the fragrance of Paradise."*

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Reasons & Solutions

Reasons: Jealousy, anger, bad company, free time, or trying to make oneself look better.

Solutions:

1. Repent and ask forgiveness from the person you backbit about.
2. If they are dead, pray for them and mention their good qualities.
3. Stay silent or stop someone when they backbite in front of you.
4. Guard your tongue — think before you speak.

📖 Incident

Prophet Isa (AS) passed by a man who was backbiting. He said: *"You are eating dead flesh."* (Athar) — This is the reality of backbiting.

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Chapter 5: Arrogance

Definition

Arrogance means considering oneself superior, looking down on others, and refusing to accept the truth. This was the sin that caused Iblees (Satan) to fall — when he refused to prostrate to Adam (AS), saying: "I am better than him, You created me from fire and him from clay."

📖 Incident

Iblees (Satan) said: *"I am better than him..."* (Surah Al-A'raf 7:12) — This arrogance led to his expulsion from Paradise.

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Islamic Ruling

> *"Indeed, He does not like the arrogant." (Surah An-Nahl 16:23)*

The Prophet (SAW) said: *"No one who has an atom's weight of arrogance in his heart will enter Paradise."* (Muslim). A man asked: "What if I like my clothes to look nice?" The Prophet said: *"Allah is beautiful and loves beauty. Arrogance is rejecting the truth and looking down on people."*

📖 Incident

Ibn Mas'ud (RA) reported: The Prophet (SAW) said: *"Whoever has a seed of arrogance in his heart will not enter Paradise."* A man asked: "What if I like nice clothes?" He said: *"Arrogance is rejecting the truth and despising people."*

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Harms

1. Deprivation from Paradise.

2. Displeasure of Allah.

3. Hatred of People: Arrogant people are disliked and avoided.

4. Loss of Knowledge: An arrogant person cannot learn because they think they know everything.

📖 Incident

Prophet Sulaiman (AS) heard an ant warning its colony and smiled. He prayed: *"My Lord! Grant me the ability to be grateful for Your favors."* (Surah An-Naml) — Even a king learned humility from an ant.

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Solutions

1. Repent and recognize your reality (you are created from clay and will return to clay).

2. Be humble before Allah.

3. Respect others and do not look down on anyone.

4. Look at your own flaws before looking for others'.

5. Practice humility — remember that Allah elevates those who are humble.

📖 Incident

Abu Hurairah (RA) reported that the Prophet (SAW) said: *"Whoever humbles himself for the sake of Allah, Allah will raise him."* (Muslim) — This is the cure for arrogance.

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Chapter 6: Jealousy

Definition

Jealousy (Hasad) is to burn with envy at the blessing given to others and to wish that it be taken away from them. It is a destructive trait that consumes a person from within.

📖 Incident

Prophet Yusuf (AS) and his brothers: They were jealous because their father loved him more. This jealousy drove them to throw him into a well. (Surah Yusuf) — This is the end result of jealousy.

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Islamic Ruling

> *"And from the evil of an envier when he envies." (Surah Al-Falaq 113:5)*

The Prophet (SAW) said: *"Jealousy consumes good deeds just as fire consumes wood."* (Abu Dawud). He also said: *"Do not envy one another, do not hate one another, and be servants of Allah, brothers."* (Muslim)

📖 Incident

Abu Saeed Al-Khudri (RA) reported: The Prophet (SAW) said: *"Beware of jealousy, for jealousy consumes good deeds just as fire consumes wood."* (Abu Dawud)

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Harms & Solutions

Harms: Loss of good deeds, sickness of the heart (filled with hatred and bitterness), and torment in this life (never being happy).

Solutions:

1. Repent and be grateful for Allah's blessings.
2. When you see a blessing on someone, pray: "Allahumma barik lahu fihi" (O Allah, bless him in it).
3. Count your own blessings.
4. Keep good company.

📖 Incident

Prophet Muhammad (SAW) advised: *"When you see a blessing on someone, pray: 'Allahumma barik lahu fihi' — this destroys jealousy and gives you reward."*

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Chapter 7: Laziness in Prayer

Definition

Laziness in prayer means not praying on time, avoiding the congregation, or lacking concentration (Khushu). This is a trait that distances a person from Allah and leads to hypocrisy.

📖 Incident

Abdullah bin Mas'ud (RA) said: *"The one who abandons prayer is a hypocrite."* He was asked: "Really?" He said: *"Yes! Because the hypocrites are those who pray lazily."* (Athar)

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Islamic Ruling

> *"So woe to those who pray (4) but are heedless of their prayer."*
>
> *(Surah Al-Ma'un 107:4-5)*

The Prophet (SAW) said: *"The first deed for which a person will be brought to account on the Day of Resurrection will be his prayer. If it is sound, all his deeds will be sound; if it is defective, all his deeds will be defective."* (Tirmidhi)

📖 Incident

Uthman Ghani (RA) prayed with such concentration that people thought he was in another world. When asked, he said: *"Because I am standing before Allah, and He is watching me."*

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Solutions

1. Repent and resolve to pray on time.
2. Pray in the congregation at the mosque.
3. Read about the virtues of prayer and the punishment for abandoning it.
4. Pray Tahajjud — it softens the heart.
5. Understand the translation of the Surahs to gain focus.

📖 Incident

Aisha (RA) reported that the Prophet (SAW) used to stand in prayer so long that his feet would swell. She asked: "Why do you do this when all your sins are forgiven?" He said: *"Should I not be a grateful servant?"* (Bukhari) — This is the love of prayer.

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Chapter 8: Disobedience to Parents

Definition

Disobeying parents means hurting them, not listening to them, answering back, or disrespecting them. This is a major sin that distances a person from Allah.

📖 Incident

Uqbah bin Aamir (RA) reported: A man came to the Prophet (SAW) and said: "I obey my mother, but she curses me." The Prophet (SAW) said: *"Your mother is your Paradise or your Hell — so obey her and keep her happy."* (Musnad Ahmad)

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Islamic Ruling

> *"And your Lord has decreed that you not worship except Him, and to parents, good treatment." (Surah Al-Isra 17:23)*

The Prophet (SAW) said: *"The pleasure of Allah is in the pleasure of the parents, and the anger of Allah is in the anger of the parents."* (Tirmidhi). He also said: *"Shall I tell you the greatest sins? Associating partners with Allah, and disobeying parents."* (Bukhari)

📖 Incident

Jabir (RA) reported: A man asked the Prophet (SAW): "My parents ordered me to divorce my wife." He said: *"Obey your parents, for the pleasure of Allah is in their pleasure."* (Musnad Ahmad)

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Harms & Solutions

Harms: Displeasure of Allah, parental curses being accepted (Dua), decrease in sustenance, and humiliation in the world.

Solutions:

1. Repent and ask forgiveness from your parents.
2. Serve them, keep them happy.
3. Be humble before them.
4. Always pray for them: "Rabbir hamhuma kama rabbayani saghira."

📖 Incident

Luqman the Wise advised his son: *"O my son! Do not associate partners with Allah, and be good to your parents. If they are angry with you, Allah will be angry with you."* (Athar)

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Chapter 9: Music

Definition

Music includes listening to songs and musical instruments (guitar, piano, drums, etc.). It has become common entertainment today, but in Islam, it is forbidden because it distances a person from the remembrance of Allah and creates hypocrisy in the heart.

📖 Incident

Abdullah bin Mas'ud (RA) said: *"Music and singing grow hypocrisy in the heart just as water grows vegetation."* (Athar) — This is the harm of music.

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Islamic Ruling

> *"And of the people is he who buys idle talk to mislead others from the path of Allah." (Surah Luqman 31:6)*

Most commentators (Ibn Abbas, Mujahid, Hasan al-Basri) interpreted "idle talk" as music and singing.

The Prophet (SAW) said: *"There will be from my nation people who will make lawful fornication, silk, alcohol, and musical instruments."* (Bukhari). He also said: *"Allah has forbidden alcohol, gambling, and musical instruments."* (Abu Dawud)

📖 Incident

Abu Musa Al-Ashari (RA) recited the Quran beautifully to the Prophet (SAW). The Prophet said: *"You have been given a beautiful voice like the voice of David."* (Bukhari) — The Quran is far superior to music.

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Harms & Solutions

Harms: Hypocrisy in the heart, distance from the Quran, loss of concentration in prayer, and hardness of the heart.

Solutions:

1. Repent and resolve to quit music.
2. Delete all songs from your phone/computer.
3. Replace music with Quran, Naat, and Dhikr.
4. Accustom your ears to lawful sounds.

📖 Incident

Umar Farooq (RA) heard a man playing a flute. He said: *"Do you not fear Allah? Do you know that music is the instrument of Satan?"*

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Chapter 10: Bad Company

Definition

Bad company means befriending those who disobey Allah and His Messenger (SAW), encourage sins, and prevent you from doing good. This is the first step towards destruction.

📖 Incident

Prophet Musa (AS) was ordered to go to Pharaoh. Pharaoh rejected the message and was destroyed due to his evil companions. (Surah Al-Qasas) — This is the consequence of bad company.

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Islamic Ruling

> *"O woe to me! I wish I had not taken so-and-so as a friend (28) He led me away from the remembrance after it had come to me." (Surah Al-Furqan 25:28-29)*

The Prophet (SAW) said: *"A person is upon the religion of his friend, so let each of you look to whom he befriends."* (Abu Dawud).

📖 Incident

Abu Hurairah (RA) narrated: The Prophet (SAW) said: *"The example of a good companion and a bad companion is like that of a musk seller and a blacksmith."* (Bukhari) — Good company gives you perfume, bad company burns you.

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Harms & Solutions

Harms: Destruction of faith, involvement in sins, waste of time, and loss of honor.

Solutions:

1. Repent and resolve to leave bad company.
2. Gradually distance yourself from them.
3. Choose good company — attend mosque programs, sit with scholars.
4. Seek guidance from parents.
5. Pray: "Rabbana la tuzigh qulubana ba'da idh hadaytana."

📖 Incident

Abdullah bin Umar (RA) said: *"Whoever befriends an evil person cannot escape his evil, just as one who sits near a fire gets its sparks."*

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Conclusion

> *"Say, 'O My servants who have transgressed against themselves, do not despair of the mercy of Allah. Indeed, Allah forgives all sins.'"*
>
> *(Surah Az-Zumar 53)*

Dear readers! You have read about 10 major sins in this book — their reality, ruling, harms, causes, and solutions. But remember — this book is not to disappoint you, but to call you towards the mercy of Allah. No matter what sin you have committed, Allah's mercy is greater.

Start these 5 actions today:

1. Pray 2 Rak'ahs of Tawbah and ask Allah for forgiveness.
2. Choose one sin you commit most and resolve to leave it.
3. Delete porn, music, and bad apps from your phone.
4. Call a righteous friend and tell them you want to change.
5. Read Quran for at least 10 minutes daily and practice morning/evening Adhkar.

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📖 Incident

Aisha (RA) reported that the Prophet (SAW) said: *"Every son of Adam commits sin, and the best of sinners are those who repent."* (Tirmidhi) — You too can become the best by repenting!

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Muhammad Inshal

Appendix: Duas & Adhkar

Morning Adhkar (3 times)

"Asbahna wa asbahal mulku lillahi rabbil 'alameen"

"Allahumma inni as'aluka 'ilman nafi'an wa rizqan tayyiban wa 'amalan mutaqabbalan"

"SubhanAllahi wa bihamdihi" (100 times)

Evening Adhkar (3 times)

"Amsayna wa amsal mulku lillahi rabbil 'alameen"

"A'udhu bi kalimatillahit tammati min sharri ma khalaq" (3 times)

Duas to avoid sins

"Allahumma inni a'udhu bika minal khubthi wal khaba'ith"

"Allahumma inni as'aluka al-'afafa wal-ghina wal-hifz was-salamah"

"Allahumma a'inni 'ala dhikrika wa shukrika wa husni 'ibadatika"

"Rabbi irhamhuma kama rabbayani saghira"

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📖 Incident

Abu Hurairah (RA) narrated that the Prophet (SAW) said: *"Whoever recites the morning and evening Adhkar, Allah will protect him from Hell."* (Muslim) — Recite these and stay protected.

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Breaking to Bloom

10 Sins — 10 Paths

"Indeed, Allah forgives all sins — He is the Most Forgiving, the Most Merciful." (Az-Zumar 53)

— Muhammad Inshal

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Hello World!

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